



RESPONSIBLE LIVING





RESPONSIBLE SEXUAL BEHAVIOR



**Choose to be Pro-Active not Re-
Active!**



RISK TAKING SEXUAL BEHAVIOR



Examples:

- High-risk sexual partners
- Drinking alcohol prior to, or during a sexual episode
- Unprotected sex
- Compound effect of many different sexual partners
- Risky types of intercourse



CONSEQUENCES: SEXUALLY TRANSMITTED DISEASES



“How did I get a sexually transmitted disease? My partner has been faithful to me and I have been faithful to him.”

Often, STDs occur long before couples pair off into long-term relationships and/or marriage.



CONSEQUENCES: UNINTENDED PREGNANCY

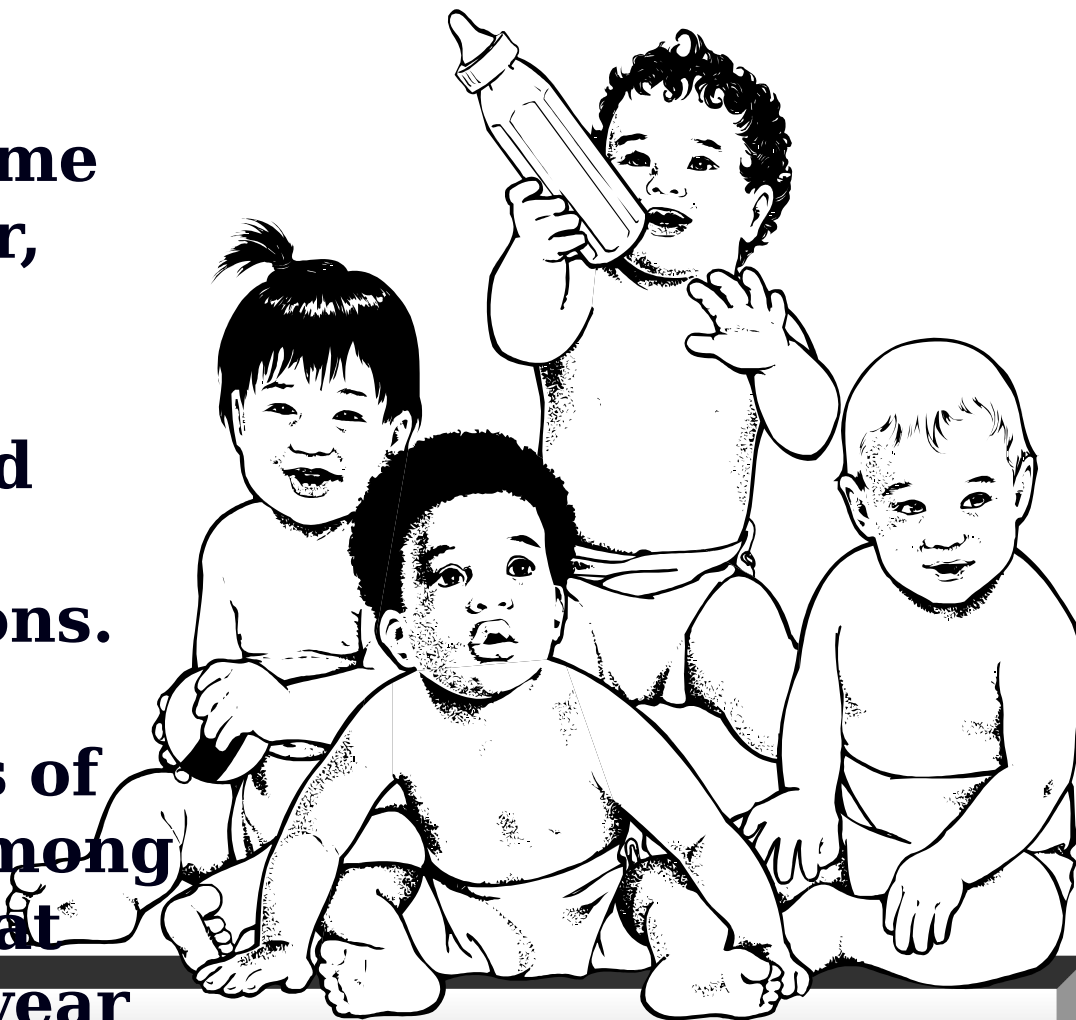


- Approximately 1 million teens become pregnant each year, **80% of these pregnancies are unintended** and almost 50% end in abortions.

- Almost two-thirds of the pregnancies among enlisted women that occurred in fiscal year

1996 were unintended.

UNWANTED





ALTERNATIVES



Abstinence - the only 100% effective Birth Control Method

Advantages:

- Prevents pregnancy
- Prevents Sexually Transmitted Diseases
- Builds Healthy Relationships



PREVENTION

The **CHOICE** is Yours



Depo-Provera



Cervical Cap



Intrauterine
Device



Female Condom



Contraceptive Foam
& Suppositories



BC Pills



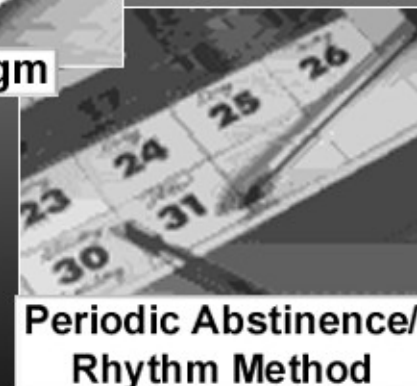
Diaphragm



Condom



Norplant



Periodic Abstinence/
Rhythm Method



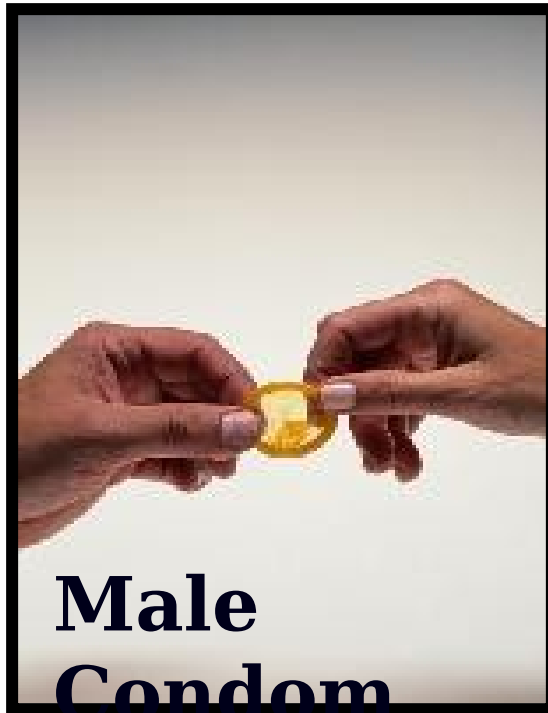
SEXUALLY TRANSMITTED DISEASES



- **Once called venereal diseases** - STDs are among the most common infectious diseases in the United States today.
- Approximately **12 million cases** of sexually transmitted diseases (STDs) occur annually in



PROTECT YOURSELF & OTHERS



“NO PROTECTION- NO SEX!”



BUILDING HEALTHY RELATIONSHIPS



**Mutual
Responsibility**



Communication

**Mutual
Respect**



SUMMARY I



In this lesson :

- We discussed how your career goals, personal vision, and core values are applicable to your sexual behavior.**
- We defined responsible sexual behavior.**
- We identified risk taking sexual behavior and examined some of the consequences of such behavior.**



SUMMARY II



We also:

- **Discussed strategies for the prevention of sexually transmitted diseases (STDs), and unintended pregnancy.**
- **We discussed the importance of building HEALTHY relationships.**